

## Healthy Lifestyles from Around the World

Read these secrets from the world's healthiest women and live longer

PUBLISHED: MAY 10, 2009 | BY HOLLY C. CORBETT

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Where women live longer

1. Japan
2. Monaco
3. Andorra
4. Australia
5. Spain

What you can learn from Japan

Say yes to soy "At least 40 percent of the Japanese population eats miso soup made from soybeans for breakfast every day," says Letha Hadady, a leading expert on Asian herbal medicine and the author of *Feed Your Tiger*. Studies show that these healthy women who eat soy at least once a week cut their risk of breast cancer by 50 percent. But some research suggests that processed soy may actually rev up cancer cells, so stocking your fridge with Tofurky won't cut it. Instead, stick to natural Japanese staples such as edamame, tofu, soy milk, and miso.

Trade coffee for tea The Italians have espresso, the Russians have vodka, and the Japanese have green tea. More than half the population drinks it every day, and experts believe that its high levels of catechins—a powerful disease-fighting antioxidant—can destroy abnormal cancer cells and lower cholesterol.

Where women rarely have heart attacks

1. Kiribati
2. France
3. Japan
4. Monaco
5. South Korea

What you can learn from France

Drink wine Champagne, Bordeaux, Burgundy—with a countryside that's practically synonymous with wine, it's no wonder the French pop the cork more often than we do. In fact, they sip a glass of wine daily, while the average American imbibes just one a week. Yet moderate drinkers (one glass per day for women) slash their risk of heart disease by up to 40 percent, according to the Harvard School of Public Health. More good news: A glass of red wine from southwestern France—specifically, Madiran—may have up to five times as many procyanidins (antioxidants that improve blood vessel function) as one from another country, thanks to the area's traditional production techniques, which allow grapes to ferment longer.

What you can learn from South Korea

Eat more garlic No Korean meal is complete without kimchi—a side dish that's heavy on raw garlic. The secret to its heart-protecting power is an enzyme in the garlic that prevents cholesterol from

sticking to artery walls. But it's released only when the cloves are finely chopped or crushed, and heating weakens its effects. Top fish, pasta, or veggies with chopped fresh garlic just before serving, or get kimchi in the supermarket or online at [koamart.com](http://koamart.com).

Where women don't get fat (though there's plenty of food)

1. Japan
2. Norway
3. Switzerland
4. Italy
5. Denmark

What you can learn from Italy

Snooze in the afternoon Just 3 percent of American women score afternoon shuteye, but "across Italy, shops and businesses shut down between 1 and 4 p. m. so that people can rest," says Melissa Kelly, author of *Mediterranean Women Stay Slim, Too*. "Siestas help boost your energy, so you don't need a sugary pick-me-up snack in the afternoon." Studies also link too little sleep to increased production of the hormone ghrelin, which makes you crave comfort foods.

What you can learn from Switzerland

Take a spin around town How do the Swiss stay slim surrounded by chocolate and cheese? They make almost 30 percent of their trips on foot, 10 percent by bike, and just 38 percent by car. Compare that with how Americans get around: 1 percent by hoofing it, 9 percent on two wheels, 84 percent by car. Do some errands on foot, and grab your bike and head to a riding trail (find one near you at [traillink.com](http://traillink.com)).

Where women rarely get colon cancer

1. Senegal
2. Gambia
3. Fiji
4. Guinea
5. Cameroon

What you can learn from Cameroon

Go wild with greens "Diet is the most important factor when it comes to preventing colon cancer," says Daphne Miller, M. D., author of *The Jungle Effect: A Doctor Discovers the Healthiest Diets from Around the World*. She found that most Cameroonian dishes call for folate-rich wild greens, which may slash colon cancer risk by 60 percent.

Protect your gut "Fermented foods are diet staples throughout West Africa, and they're packed with probiotics, which maintain colon-protecting bacteria in the gut and may ward off cancer," Miller says. Cameroonians get their fermented fix from home-brewed beer, sour milk, and fermented corn. You can go for cottage cheese or yogurt (check the label for the "Live and Active Cultures" seal).

Where women are happiest

1. Denmark
2. Switzerland
3. Austria
4. Iceland
5. Bahamas

#### What you can learn from Denmark

Find a lust for life, not for stuff "Danish people believe that experiences, not material possessions, are what bring contentment," says Kaare Christensen, M.D., Ph.D., professor of epidemiology at the University of Southern Denmark. Research backs them up: When scientists from the University of Colorado at Boulder asked study participants about their recent big-ticket purchases, they found that people who put their dough toward an experience—such as concert tickets or a romantic dinner—were twice as likely to be happy with their purchase than those who bought material goods.

#### What you can learn from Iceland

Cook more fish Despite long, dark winters, Iceland boasts low rates of seasonal affective disorder. Their recipe for happiness: Icelanders eat a hefty 225 pounds of cold-water fish per person per year—more than any people in the world, Miller says. "Eat two or more servings of fish a week and you'll reduce your risk of depression by 50 percent."

Adapted from: <http://www.womenshealthmag.com/health/live-longer-0?fullpage=1>